

Tips to help with nausea:



- ⇒ Avoid smells that worsen your nausea
- ⇒ Eat small, frequent meals
- ⇒ Choose bland foods and foods high in carbohydrates and low in fat
- ⇒ Keep some crackers or dry cereal by your bed to eat before you get up
- ⇒ Get plenty of rest
- ⇒ Exercise often
- ⇒ Drink enough fluids
- ⇒ If prenatal vitamins make your nausea worse
 - take with meals
 - switch brands
 - take at night
 - cut in half
- ⇒ Always check with your health care provider before taking any medicines or supplements to help with nausea

Tips to help with nausea:



- ⇒ Avoid smells that worsen your nausea
- ⇒ Eat small, frequent meals
- ⇒ Choose bland foods and foods high in carbohydrates and low in fat
- ⇒ Keep some crackers or dry cereal by your bed to eat before you get up
- ⇒ Get plenty of rest
- ⇒ Exercise often
- ⇒ Drink enough fluids
- ⇒ If prenatal vitamins make your nausea worse
 - take with meals
 - switch brands
 - take at night
 - cut in half
- ⇒ Always check with your health care provider before taking any medicines or supplements to help with nausea

Tips to help with nausea:



- ⇒ Avoid smells that worsen your nausea
- ⇒ Eat small, frequent meals
- ⇒ Choose bland foods and foods high in carbohydrates and low in fat
- ⇒ Keep some crackers or dry cereal by your bed to eat before you get up
- ⇒ Get plenty of rest
- ⇒ Exercise often
- ⇒ Drink enough fluids
- ⇒ If prenatal vitamins make your nausea worse
 - take with meals
 - switch brands
 - take at night
 - cut in half
- ⇒ Always check with your health care provider before taking any medicines or supplements to help with nausea